

LYONS  
THICK  
& EASY®

# Gingerbread Cookies



# Gingerbread Cookies

IDDSI LEVELS **4** **5** **6**



## INGREDIENTS

	1 Serving	4 Servings	8 Servings	16 Servings
<b>THICK &amp; EASY® Texture Modified Bread &amp; Dessert Mix</b> Item: 118519	2 Tbsp	1/2 cup	1/2 bag ~1 cup	1 bag
Brown sugar	¼ tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp
Cinnamon	1/8 tsp	½ tsp	1 tsp	2 tsp
Nutmeg	dash	1/8 tsp	¼ tsp	½ tsp
Cloves	dash	1/8 tsp	¼ tsp	½ tsp
Ginger	2 - 3 dashes	¼ tsp	½ tsp	1 tsp
Vegetable oil	1/2 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Vanilla extract	1 - 2 drops	¼ tsp	½ tsp	1 tsp
Water, hot	2 ½ Tbsp	2/3 cup	1 1/3 cup	2 2/3 cup
Molasses	¾ tsp	1 Tbsp	2 Tbsp	¼ cup
Prepared Vanilla or Cream Cheese Frosting	As needed ~ 2 Tbsp	As needed ~ 2 Tbsp	As needed ~ 2 Tbsp	As needed ~ 2 Tbsp

## NUTRITION

**Serving Size:** 2 oz per serving (2 - #40 scoops or about ¼ cup)

**Calories:** 140

**Total Fat:** 8g

**Saturated Fat:** 1g

**Trans Fat:** 0g

**Cholesterol:** 0mg

**Sodium:** 75mg

**Total Carbs:** 18g

**Dietary Fiber:** 0g

**Total Sugars:** 8g

**Added Sugars:** 4g

**Protein:** 2g

**Vitamin D:** 0% DV

**Calcium:** 0% DV

**Iron:** 0% DV

**Potassium:** 0% DV

## DIRECTIONS

1. Stir together the brown sugar, cinnamon, nutmeg, cloves, ginger, and **THICK & EASY® Texture Modified Bread and Dessert mix** in a mixing bowl.
2. Add oil and stir until mixture resembles wet sand.
3. Add vanilla extract to hot water and add to bread mixture, stirring briskly with wire whip until blended.
4. Immediately stir in the molasses and mix well.
5. To make round cookies – Keep gingerbread mixture in mixing bowl. Cover and chill for a minimum of 30 minutes.
6. To make gingerbread cut outs – Immediately pour mixture into pan(s) lined with plastic wrap and spread evenly with a spatula. Cover and refrigerate until cooled or freeze to allow for easier cutting and handling when ready to serve.

## TO SERVE

- **Round Cookies:** Portion mixture using #40 scoop. Flatten and shape each scoop to resemble a round cookie. Top with frosting just prior to serving. Portion two cookies per serving.
- **Cut Outs:** Cut shapes with cookie cutters. Carefully remove shapes from pan and plastic wrap and place on serving plate. (Tip: Cutting and handling the cookies while they are cold or still frozen will help maintain the cutout shape). Decorate as desired.

Note: The remaining cookie mixture (scrap from cutouts) can be re-portioned into #40 scoops and served as round cookies. Serve a 2 oz portion (about ¼ cup) of cookie per serving. (may include cut out, round or both if equal to 2 oz portion)